

TEN MINUTE TALKS TO CENTRE MOTHERS

PREPARED FOR THE USE OF HEALTH VISITORS BY THE
WOMEN PUBLIC HEALTH OFFICERS' ASSOCIATION

SERIES I.

MOTHER

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FOREWORD.

The Model Talk is offered as an illustration of the "way to say it," or at least, of one way of saying it. The classified material is intended as a suggestion of "what to say" on a definite subject.

The material collected under the various headings would in most cases be too much to include in one ten minute talk. Variety in repeating a talk can be introduced by changing the point of emphasis on different occasions or a series of talks can be given on the one subject. Clearly also it will be necessary to select and modify advice according to what is within the means of the mothers addressed.

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The Editorial Sub-Committee desires to thank all those who have contributed towards this Booklet; especially Miss Cooper Hodgson, M.B.E., Superintendent Health Visitor, Durham, for the Model Talk and the greater part of the suggestions on giving Talks. Also members of the Tottenham health visiting staff and others who have helped with draft talks and ideas.



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ON GIVING TALKS.

AT most Welfare Centres talks should not normally exceed ten minutes. It will probably be found desirable to repeat many talks as different mothers will be in attendance. We need not be afraid of repetition; the same point will probably crop up in half a dozen different talks; but we should try and say the same thing a little differently so as to avoid monotony.

This booklet does not pretend to be a complete list of all the subjects on which talks about Mother herself might usefully be given; they are merely pegs on which to hang ideas.

It is a wise rule not to "talk down" to the mothers but rather to put oneself on their level and discuss a subject as between friends and equals.

The health visitor should not do all the talking. The mothers should be encouraged to do their share by questions *addressed generally*. Be very cautious in directing questions at individuals. A shy mother may be embarrassed and a chatterbox may wreck your carefully planned talk.

On the other hand, if a problem is mentioned in which the audience is interested and obviously wants to discuss at length it is better to let your programme slide and allow them have it out. But keep control of the discussion, throw what light you can and give a final summing up.

Introduce talks by a few remarks which will attract attention and conclude with a little rhyme or a pithy saying that will stick.

Never read a talk. The fact that you are speaking from memory and looking straight at your audience helps to fix their attention on what you are saying.

Demonstrations.

It is very important to have demonstration material for each talk. something to *show* as well as something to *say*. A mother at a Welfare Centre usually has a baby in her arms and perhaps a toddler holding to her skirt. Her attention is distracted and she is not in a position to take notes. It is important to have something that appeals to the eye as well as to the ear. The children present will be quieter if they are watching you do something.

Anything that can be used to illustrate a point is demonstration material and its collection gives endless scope for ingenuity. Pictures may be cut from advertisements and illustrations in periodicals, mounted on cardboard and cut out leaving a strip of cardboard to fold back to form a leg to stand on. Borrow material wherever you can but only borrow what you can praise. For instance, a local shoe shop will no doubt be pleased to lend a good type of shoe; for shoes of the wrong type pick up specimens at a jumble sale.

Mothers should be encouraged to practice the demonstrations whenever possible. Bathing the baby, bandaging, poulticing and fomenting, for instance.

I. MODEL TALK.

Mothers as Pioneers.

Note for Health Visitors.

As this is an introductory talk it is designed to bring to the notice of mothers the fact that *there are things to be learnt*.

As has been said, good demonstration material doubles the value of a talk, enabling the speaker to appeal both to eye and ear. Good demonstration material is not always easy to come by. There can be no doubt that apart from the value of any particular exhibit, the mothers do appreciate the efforts of the health visitor to find something to interest them.

MOTHERS are very important people. One of the main objects of this Centre is to help mothers in the care of their own health, the health of their children, and in home making. There is a great deal for all of us to learn, and the staff of the Centre learn with the mother. We help you and you help us.

Mothers who attend the Centres have greater opportunities than those who do not attend; we want you to be missionaries in the health cause.

NOBODY CAN DO ANYBODY ELSE'S THINKING.

If we are not going forward we are going backward, there is no standing still. What wonderful benefits have been brought to us by thinkers! It is not so very long ago that if a woman wanted to take a longer journey than she could walk, her most usual means was to ride pillion behind a man on horse back; then we had the slow, cumbersome, uncomfortable stage coach, and the carrier's cart. After that came railways, just over a hundred years ago. Perhaps someone here has already taken a trip by aeroplane?

We can think of other modern improvements, the telegraph, the telephone, and, perhaps most wonderful of all, the "Wireless." It seems almost impossible to believe that ever since the beginning of time there have been those marvellous air waves capable of conveying sound over space and that it took thousands of years for them to be discovered.

It is interesting to us ordinary every-day folk to remember that the discoveries and inventions and ideas that have given the greatest benefit to humanity have not always been thought out by the most learned persons.

Do *you* know that a little child with a squinting eye will gradually lose the sight of that eye unless proper treatment, namely, the wearing of suitable spectacles, is commenced as early as possible? Do *you* know that if, through birth injury, a new baby has a paralysed arm, the condition can be quickly cured if treatment is commenced at once?

If *you* know these things, do all your neighbours know them?

One of the most wonderful things in the world is the human body. I have here a set of diagrams of the parts of the body. If you wish you

may look at them. It will help you to realise what a thrilling machine you own. (We will study the human body a little in a later talk.)

Here is a poster to remind us of the importance of the minerals in us. It also shows that the most illustrious among us is something like 80 per cent. water!! Which *ought* to remind us to drink lots of water every day.

Isn't it worth while to learn a few things that will help us to make better use of our marvellous machinery? A well-cared-for machine lasts longer and gives less trouble.

Think, for example, of the millions of teeth that decay and have to be taken out. Our permanent teeth were meant to last us as long as our fingers and our toes. We *should* be surprised, shouldn't we, if our toes suddenly began to decay at the same rate as our teeth? Clever people have spent years trying to find the causes of dental decay. They say, if expectant mothers and if all young children took the proper kinds of food, we should see the beginning of the end of dental disease. Wouldn't it be a good thing to learn how to prevent millions of hours of tooth-ache? Some people seem to think losing teeth doesn't matter. Quite easy to get a new set from the dentist. Folk don't realise how much better looking they are with their own teeth in their mouth. Extraction of teeth causes gums to shrink, the face falls in and at once ages.

Maternal mortality.

No doubt you have heard lectures or read in newspapers remarks about mothers dying in childbirth. Some of you may be thinking that childbirth is more dangerous than it used to be. This is a mistake. Actually motherhood now is safer than it ever was before. When you go to visit a place you have not seen before, do you have a look into the ancient church? If so, you may have noticed an old tomb, with stone figures; the father kneeling opposite his wife, the sons behind their father, the daughters behind their mother. Often you will see more than one wife. Sometimes the good gentleman has 'buried three'!! It seems to have been a good deal more common for a man to have three wives in those days than it is now! Those tombstones were erected to the great and the wealthy, but the same conditions prevailed among the poorer people. Housing conditions were bad; food poor; medical attendance and maternity hospitals as we know them, practically non-existent.

If you visit an old castle you will often find, at the very top, a queer flat place, shut in by walls and towers; in times of siege this was the only 'out-of-doors' possible for women and children.

Aids to Pioneering.

NEWSPAPERS AND THE FREE LIBRARY.

A good deal of public money has been spent on teaching us to read. Reading is a means of educating oneself. Almost every day there are newspaper articles on health, and on items of progress very useful to the housewife. From the Free Library can be obtained books about everything we want to learn. The Mind of the Child.....Dress-making.....Cooking.....Gardening.

HOBBIES.

Every one of us has a 'hobby.' That is, something that she enjoys doing and can do better than the average person. Some of us are good cooks, others excel at sewing or singing; others have the 'green finger,' every thing *they* plant grows.

Keeping up our hobby, practising our best bit of work, not only gives us joy, in ninety-nine cases out of a hundred it makes happier the people around us. We are able to give bits of our special knowledge to our neighbours and thus enrich their lives.

WIRELESS.

Most of us have a 'Wireless.' There are wireless talks on all sorts of interesting subjects, as well as music and variety entertainments. Let us make a habit of looking up wireless programmes so that we can bear in mind the times of the things we want to listen to.

THE PUBLIC HEALTH DEPARTMENT.

Every citizen should take an interest in the activities of the Health Department. The control of infectious disease. The protection of our food. The plans of our new houses. All these are important to us as women. Most Health Departments have lectures from time to time. There are Health Weeks and Health Exhibitions. Let us co-operate with our Public Health Departments; learn what they are doing, why they are doing it, and the result of their labours.

As a result of the great health movement which began to be very active in the last quarter of the nineteenth Century, the dreadful scourge of typhus fever has disappeared, we get only occasional outbreaks of typhoid fever. Tuberculosis, or Consumption, is still one of the Captains of the Men of Death, but already the death rate has fallen, and in some districts tuberculosis of the bones and joints is practically unknown.

We began by saying that nobody can do anybody else's thinking. Compared with the forty million people in these islands, there is only a sprinkling of scientists, doctors, and health visitors, and other similar people studying health.

There is plenty of room for mothers as pioneers in their own health field.

Demonstration material for this talk may cover a wide ground.

Suggestions.

Furneaux 'Manikin' of the female human body, price 4/6.

'Cut out' of man, with tabulated statement setting out mineral contents of human body.

Posters and/or models, showing cycles of progress:

(a) **TRANSPORT.** Woman riding pillion on horsebacks, tage-coach, motor omnibus.

(b) **COMMUNICATION.** Mounted messenger carrying letter, mail van, telegraph, telephone.

(c) **AIDS to WOMEN'S WORK.** Hand sewer and sewing machine, etc.

A PLAIN PERSON'S PRAYER.

Give me a good digestion, Lord,
And also something to digest.
Give me a healthy body, Lord,
With sense to keep it at its best.
Give me a healthy mind, good Lord,
To keep the good and pure in sight,
Which seeing sin is not appalled,
But finds a way to set it right.
Give me a mind that is not bored,
That does not whimper, whine, or sigh;
Don't let me worry overmuch
About the fussy thing called "I."
Give me a sense of humour, Lord;
Give me the sense to see a joke;
To get some happiness in life
And pass it on to other folk.

II.

Mother — Herself.

Introduction.

IT is essential a Mother should know something about the mechanism of her own body.

If she has a simple but clear idea of how human bodies work she will be much more interested in the advice she gets from her doctor, the Welfare Centre and the health visitor who comes to see her. She will understand it better and it will seem much more worth while to take the trouble to act on expert advice.

Supposing you are buying a sewing machine. Good sewing machines cost money so you will be anxious to know how to work it and care for it properly. For one thing, you don't want to waste your money; for another, you don't want your machine to go wrong just when you have a lot of needlework on hand.

So you get the assistant in the shop to show you how the machine works and you read the booklet of instructions carefully. The trained shop assistant is like your health visitor who can tell you in a general way how that very wonderful machine, your body, works and how to use it properly.

If your sewing machine gets thoroughly out of order a skilled mechanic has to come and see to it—the job is beyond you or the trained shop assistant. We can compare the doctor to the skilled mechanic. Because the human body is so much more delicate and complicated than a sewing machine, it takes years of study and practice to qualify as a doctor. But it doesn't take very long or very much effort to get a clear outline picture in our minds of these human machines which are us.

If the next few talks *are* rather like going to school again, it will be well worth while really putting our minds to them; and if we do I am sure we will find them interesting.

HOW OUR BODIES GET RID OF WASTE.

1. **Skin.** Let us look at our skin for a moment, it covers and protects the whole body. The openings in the skin are called pores, through which we get rid of waste material or sweat.

Therefore you will see how important it is for a daily bath or wash, to keep our pores open, otherwise the perspiration is re-absorbed and has to travel to the kidneys to find a way out.

The nails are thickened skin surfaces.

2. **The Windpipe** passes from the throat to the upper part of the chest, here it divides into two branches one of which enters each lung.

2a. **The Lungs** are large spongy organs, full of air cavities. It is in the lungs that the blood is aerated by contact with the air we breathe; as we breathe out we get rid of a gas called carbon dioxide.

3. **The Kidneys**, two in number, are situated at the back of the abdomen, one on either side. They separate the waste substances from the blood. This fluid or urine is carried drop by drop by a tube leading from the kidney to the bladder.

3a. The Bladder holds about half-a-pint at a time which is finally got rid of through a small opening in the bladder.

DIGESTION.

Digestion means the processes which alter our food into a fluid which can be absorbed into the blood and so nourish our bodies.

Our food starts its digestion in the mouth, by the teeth, of which we have 32, masticating each mouthful of food. The saliva helps this process, acting especially on starchy foods, from this we can see that if we swallow our food in a hurry, how much extra work we give our stomach.

Stomach. From the mouth the food passes down the gullet, which is behind the windpipe, into the stomach, where most forms of food are further acted upon and made free of germs.

Intestines. When this process is finished the food passes into the small intestine, which is about 20 foot long. Various digestive aids enter the intestine from the pancreas (sweetbread) and gall bladder. The food by this time is fully digested and is in fluid form. From the intestine it passes through a vein to the liver. The waste or roughage passes into the large bowel and is excreted through the rectum (back passage).

Liver. This is a large reddish brown organ; it has two parts, right and left, the right is about six times as large as the left; it weighs about 50 ozs. It prepares a fluid called bile, which assists in digestion and is stored in the gall bladder. The digested food which is not needed is stored in the liver until required. The rest of the food is carried by arteries to different parts of the body, where it replaces worn out tissues or allows for growth and development.

CIRCULATION.

Heart. This is a hollow muscular organ provided with valves and divided up into four parts. It serves as a pump to distribute the blood to all parts of the body.

Arteries convey the good blood, i.e. blood with oxygen and food, to all parts of the body from the heart.

Veins take the impure blood to the kidneys, skin and through the heart to the lungs, where we get rid of impurities.

MUSCLE.

If we removed the skin we would expose muscle, similar to lean meat. There are two kinds of muscle:

1. Under control of the will, i.e., those we use in walking, lifting, running, etc.
2. Involuntary, i.e. we have no power over them; [they are found in the heart, stomach, etc.

BONES.

These form a skeleton, most of us have seen pictures of one. It is a framework and protects the softer structures of the body.

Consisting of skull—to which is attached the backbone, the upper part of this is joined to the ribs, which meet in front at the breast bone. The collar bone and shoulder blade join at the top of the arm and are attached to the bones of the arm. The lower part of the back bone is wedged in between the hip bones and forms a hollow cavity. The bones of the leg are attached to the hips.

NERVES.

These take messages to the brain. If we want to do anything, immediately the nerves send “a wireless message” to the brain, it is carried back by another group of nerves, and the action takes place. Other groups of nerves control gland secretions, i.e., thyroid gland.

Let us now deal with individual organs.

EYE.

The eyelids protect the eye; the surface of the eye is covered by a thin skin, which often becomes inflamed especially in babies if care is not taken.

The eyes can move about easily, by the aid of six muscles. If you look at the inner edge of the lower eyelid you will see a tiny hole, through this our tears pass from the eye down the nose.

The iris is the colour part of the eye and is perforated in the centre by the pupil. You will have noticed how the pupils get smaller in a bright light and larger in the dark. Behind the iris is the lens, which is convex (curved outwards). It is by means of the lens we are able to see long or short distances.

EAR.

We can only see the outside ear and a small canal, this is separated from the internal ear by the drum. The wax in the canal is nature's way of protecting the ear from dust, there is sometimes too much wax and this has to be treated or temporary deafness results.

The internal ear consists of three tiny bones, to this is connected a spiral tube, like a snail. This spiral tube helps us to recognise the tone of voices and to differentiate between sounds.

VOICE.

Produced by vocal cords stretched along the voice box, this is situated at the top of the windpipe. The air drawn through the windpipe makes the cords vibrate, thus producing sound.

NOSE.

Used for breathing and sense of smell. The hairs lining the nose collect any particles of dust and prevent it going into the lungs. The nose also warms the air. It will be seen from this how important it is to breathe through the nose and not through the mouth.

TONGUE.

Helps in producing the voice, but its chief use is a sense of taste. The small raised surfaces of the tongue especially at the tip, sides and back, contain the taste buds.

GLANDS.

There are various glands in different parts of our bodies which help in growth and development.

GENERATIVE ORGANS.

The Womb is pear-shaped about the size of a small pear. On either side of the top is an opening to which a tube is attached leading to the ovaries. Through this tube the egg or ovum comes from the ovaries.

Ovaries. Shape and size of an unshelled almond.

Vagina ('front passage'). A hollow cavity lying between the bladder and rectum, and connecting with the womb.

Menstruation. When we reach 14 years or thereabouts, the ovaries start acting and each month one or other of the ovaries discharge the ova or egg. This together with the blood coming from the lining of the womb is expelled. This is known as a "period" and unless a woman becomes pregnant should continue until 45 to 50 years, when at the "change of life" the ovaries cease to work.

Pregnancy. The fertilised ovum attaches itself to the lining of the womb and commences to grow. From this, small threadlike processes develop which form the afterbirth. Through this the baby gets its nourishment from the mother by means of the umbilical cord.

The baby is enclosed in a bag of membrane containing fluid or 'water,' which keeps the baby from being injured by knocks or falls. The baby is born about 40 weeks after the last "period."

Breasts become enlarged when the "periods" start. They are like the inside of an orange cut across. They do not start functioning until the baby is born, when the milk is collected in the tiny tubes and expelled through the nipple by the action of sucking.

DEMONSTRATION MATERIAL.

FURNEAUX MANIKIN OF FEMALE HUMAN BODY. Price 4s. 6d.

Illustrate each system by simple line diagrams on blackboard or sheets of paper pinned to wall.

(If you don't trust yourself at extempore drawing—line out diagrams in light pencil beforehand and go over in heavy coloured pencils during the talk).

Specimens of rabbits' organs can be easily dissected beforehand, washed well in salt water and pinned out on cards.

Also bullocks' eyes (one dissected).

Sheeps heart, etc.

Food—The Whys and Wherefores.

Introduction.

A GREAT writer once said ‘‘Food is the first fact of life.’’ Food, certainly, is the most important subject in the lives of mothers of families. **We all eat**—but how many people know just why or the reasons for choosing the foods they do?

Fashions in foods. Vary in different countries and in different counties. National dishes. Some very odd. Edible snails and frogs’ legs (France); birds’ nest soup (China); whale blubber (Greenland); cabbage soup with herrings and cherries in it (Germany); roast hedgehog (gypsy delicacy).

WHY WE EAT

1. **To build up our bodies** (especially in youth) and keep them in repair.
Body-builders or proteids. Animal or first class proteids—Meat, milk, fish, eggs, cheese. Vegetable proteids—peas and beans, and various flours contain small amounts.
2. **To keep ourselves warm.** Fats—animal and vegetable. Margarine, a vegetable fat.
3. **To keep up our energy.** Cereals and sugars (Carbo-hydrates). Surplus tends to lay up body fat as a reserve.
4. **To keep ourselves fit, or in tone, or in tune.**
 - (a) **‘‘Protective foods’’**—rich in vitamins or life-giving substances. Refer to advertisements ‘‘Have you had your vitamins to-day?’’ ‘‘He had plenty to eat but still he was starved.’’ These foods quite good for people who can afford them, but those who can’t need not go short of vitamins.
 Vitamin A. Butter, cod-liver oil, milk.
 Vitamin B. Liver, eggs, yeast (Marmite).
 Vitamin C. Fresh, uncooked or lightly cooked green vegetables, salads and fruits, especially oranges and lemons.
 Vitamin D. Fish roes, egg-yolk, cod-liver oil.
 - (b) **Mineral Salts**—Milk, vegetables.
5. **Water.** Most important.
 Tea, coffee and alcohol are nerve stimulants.

Discuss such questions as—

- In what is a bread and margarine and tea diet lacking?
- Why do you sometimes crave for sweets?
- Are cheap cuts less valuable as food than prime cuts?
- Is margarine as good as butter? If not, why not?
- Is there any one food containing everything necessary?
- Is Beer best?
- (Many other questions will suggest themselves).

Tinned and Preserved foods.

Modern tinned foods and preserved eggs are quite safe and wholesome. But tinned vegetables in particular should not take the place of the fresh vegetables that are in season. They should only be used when fresh vegetables are scarce and dear.

DEMONSTRATION MATERIAL

Small portions of real food (or shop dummies in some cases) **arranged on four separate trays** to illustrate the four classes of foods, clearly labelled and with different coloured paper cloths and containers: e.g., red for proteins, yellow for fats, white for carbo-hydrates, green for minerals, blue for vitamins.

Posters of

National Milk Publicity Council,

33, Gordon Square, W.C.1.

Fruit Traders' Federation, 4, Russell Chambers, W.C.2.

Empire Marketing Board, 86, Gt. Portland Street, W.1.

Coloured pictures cut from advertisements to stand by each tray, e.g., a building in construction (or a brick and a plasterers' trowel) for proteins; a bright fire for fats; an athlete for sugars; and a radiant face for protective foods.

Mineral Salts. An explanatory table written up on blackboard.

A man contains:—

Enough lime to whitewash a henhouse.

- ,, magnesium for 2 or 3 flashlight photographs.
- ,, ammonia to carry out the spring cleaning of a house.
- ,, salt to cook a dinner.
- ,, sugar to sweeten the tea at a mothers' meeting.
- ,, sulphur for a packet of sulphur tablets.
- ,, iron to make a nail.
- ,, phosphorus to tip the matches in 3 dozen boxes.

Good Cooks and Bad Cooks.

Introduction.

WE have been called a nation of bad cooks. Englishwomen naturally resent this, but if we are honest with ourselves we must admit that taking us by and large and on the whole there is a lot of truth in the reproach, and it is up to every Englishwoman, especially those who have homes to run and other people's digestions (and therefore their health and happiness to a great extent) at their mercy, to determine to remove the reproach for good and all. Good food can be, and too often is, spoilt by bad cooking. That means that it can have its powers of nourishing the body destroyed—that it can be made unappetizing—worse still, it can be turned into positive poison. It is quite possible to have a heavy food bill and yet half starve your family and make them ill with digestive troubles.

On the other hand, it is quite possible to have a well-nourished, contented family on quite a modest food bill. Cheaper foods can have all their nourishing values preserved and made savoury and attractive by good cooking. **IT ALL DEPENDS ON THE COOK.** A family that only cares for fish and chips or sausages is generally one that has been spoilt for wholesome food by tough and tasteless cooking.

Points on baking and roasting.

Real 'roasting' used to be done before an open fire on an iron spit or 'jack' which had to be kept slowly turning so that the meat was cooked equally all through. In great houses a servant was kept for this job—the 'turnspit.' Sometimes a dog was trained for the purpose. Somebody here may have a grandmother who remembers the Sunday joint being roasted in this way. *Show a picture if possible.*

MEAT.

Nowadays we roast, or rather bake, our joints in the oven. Only prime joints should be baked.

Have the oven hot before putting joint in.

Put the joint on a trivet standing in a baking tin containing dripping.

Keep your oven hot for the first five minutes. This is to harden the outside enough to keep the juiciness and flavour in. Then slow your oven, this is to get tender cooking right through without over cooking, and therefore spoiling the flavour, nourishment and digestibility of the outside slices.

Give 15 minutes per pound and 15 minutes over for mutton, lamb, and veal, 20 minutes for beef and pork.

Baste—i.e., pour hot dripping from the tin over the joint every 15 minutes, this keeps the meat moist and juicy and helps to cook it.

BAKED MILK PUDDINGS. Soak sago or tapioca in enough water to well cover, for two hours. Rice and semolina need not be soaked. Watery, sodden rice puddings chief cause of people "hating milk

puddings." Use a dessertspoonful of grain per person. Evaporated tinned milk (not sweetened condensed) makes nice creamy puddings. Cook in *very* slow oven at least $1\frac{1}{2}$ to 2 hours.

For a change try using rolled oats instead of rice. Will not need such long cooking, otherwise treat in the same way.

EGG CUSTARD needs a very slow oven. Pie dish should stand in a tin of water. Best steamed.

BATTER PUDDING. May be used in a great variety of ways. No need to tell a North Country woman how to do it! But Southerners often make a poor job of it.

4 ozs. flour, 1 egg, $\frac{1}{2}$ pint milk. Mix salted flour with half liquid. Beat well with wooden spoon; add remainder of milk and egg; stir; allow to stand an hour. Put in shallow dish or tin with a little hot fat. Cook in moderate oven on middle shelf for 30 minutes. When risen pour on hot dripping from the joint. The pudding can be cooked in the tin under the meat if the joint is hung in the oven, but this robs you of the foundation of the gravy unless the joint is a big one.

As a sweet, batter may have sultanas or sliced apple and sugar added, or may be served with jam or butter and brown sugar. Batter may also be boiled or steamed in a basin.

PASTRY. Use half quantity fat to flour; mixture of lard and margarine better than all margarine. Rendered fat may be used. Mix to soft putty-like dough with cold water. Mix lightly and quickly. Allow to stand as long as possible in a very cool place (can be made the previous day). Cook on middle shelf in moderately hot oven until golden brown. Hard pastry is the result of too wet mixing, or too long or too hot cooking.

TO RENDER FAT. Wash pieces of fat; put in saucepan and just cover with cold water. Simmer until fat reduced to small brown pieces. Slightly cool, strain through muslin.

FRUIT. When you have your oven going try stewing fruit in a covered dish in the oven. Much more flavour and saves the gas ring. Also what is nicer than a frothy baked apple with butter, sugar or jam instead of the core?

Points on boiling.

MEAT. Put fresh meat in boiling, salted water. *Boil* for first five minutes, then *simmer* 20 minutes for every pound and 20 minutes over. Vegetables can be added in the last half-hour if cut up small. If whole they take about twice as long. Old vegetables take twice as long as when they are young. Onions take about an hour young or old.

PUDDINGS. Keep your water on the boil and see it doesn't boil away. Fill up with *boiling* water.

A foundation recipe for that most useful dish—suet pudding. To serve six persons.

8 ozs. flour. Brown flour more nourishing. For lightness 4 ozs. flour and 4 ozs. breadcrumbs. 4 ozs. finely chopped suet. $\frac{1}{2}$ teaspoon salt. $\frac{1}{2}$ teaspoon baking powder, unless self-raising flour used.

Use cold water to mix to stiff mixture that drops from spoon. Put in greased basin. *Fill basin to top* if boiling and flour the cloth. If steaming, cover with grease-proof or plain paper.

For a fruit pudding (currants, sultanas, dates, figs) add 2 table-spoons fruit to every 4 ozs. flour, and use milk to mix. Add sugar, Demerara for choice.

SOUPS AND STOCKS. Soups made with good stocks are very *nourishing and cheap*. English women are not good at soups, more is the pity. Soups must not be thin and insipid. They should be pleasantly thickened (tapioca in a clear soup). Have plenty of flavour and don't forget the salt in your cooking!

BONE STOCK. 1 lb. of chopped bones to 1 quart of cold water. A carrot, a turnip, outside sticks of celery, $\frac{1}{2}$ teaspoon salt. Simmer for several hours on very low gas. Such oddments as pieces of meat, skin, gristle, cheese rind and bacon rind may be added to stock; do *not* add bread, potatoes, greens, milk or fat, they will prevent the stock keeping. When stock is cold skim off the fat.

Varieties of soup which can be made from stock practically endless. There are many very appetising milk soups also (leek soup, potato soup, tomato soup, etc.). *Have recipes for distribution on request*. Peas, haricots, lentils and other pulses should be soaked overnight and the water used in making up the soup.

Points on Stewing:

Stewing is done in a closed vessel using a *little* liquid for a *long* time. A stew *boiled* is a stew *spoiled*. All the cheaper cuts of meat may be stewed and rendered tender and tasty.

STEWED STEAK "LIKE MOTHER MAKES IT."

Wash and cut up into 2 inch pieces 1 lb. of stewing steak. Roll in flour, well seasoned with pepper and salt. Lightly fry one shredded onion in a little dripping in bottom of stew pan. Put in meat, cover with water or bone stock. Bring to simmer, add several *sliced* onions and carrots. Cook *very gently* for an hour. *Never boil*. Generally brown enough, but a little browning may be added. Adding a dessertspoonful of Worcester Sauce makes a dish worthy of the Ritz.

Steaming. Quite the best and most digestible way of cooking. May be done in a steamer or, as in the case of fish, between two greased plates over a saucepan. For meat allow $\frac{1}{2}$ to $\frac{3}{4}$ hours longer than for boiling.

All suet and sponge puddings can be steamed with advantage. Here is a way to use up stale cake. Crumble. Put in greased basin, add milk or egg and milk. Allow to soak; when as much liquid as possible has been soaked up, steam for $\frac{3}{4}$ hour. Serve with custard sauce or jam.

Frying, the method so beloved of the hasty housewife, is really the worst form of cooking. Above all, cheap cuts and cold cooked meat should *never* be fried.

Use good dripping or lard, the fat must be *hot*, i.e., blue smoke rising before putting in the food. All fried foods should be coated to

prevent the fat from soaking in, e.g., egg and breadcrumbs, milk and flour or fine oatmeal, e.g., herrings, split and dipped in fine oatmeal.

Grilling is much better than frying. Tastes just as good and is more digestible. Grease both sides of the meat first, or brush with olive oil.

VEGETABLES. When boiling greens leave the lid off, do *not* add soda. Boil quickly for a short time. Root vegetables (except potatoes) better steamed than boiled.

The best way with vegetables.

Melt an ounce of fat, put in cleaned and cut up vegetables, leave for ten minutes over gentle heat shaking saucepan occasionally to prevent sticking. Add just sufficient water to cover and cook slowly, either in a covered casserole in the oven or in a covered saucepan on a low gas. Cabbage can be cooked in this way and is very good, though not such a good colour. This method retains all the goodness of the vegetables with the valuable salts and vitamins.

POTATOES. Best baked in their skins. Can be cooked under the sitting room grate. (Place towards the sides of the fireplace.) Most acceptable for supper on a winter's night with butter and a scrape of Marmite. Boil potatoes in their skins.

RULE FOR VEGETABLES.

What is grown in the light must be cooked in the light (greens, lid off).
What is grown in the dark must be cooked in the dark (roots, lid on).

POTATOES.

When they are old, cook 'em in cold.
When they are not, put 'em in hot,

DEMONSTRATION MATERIAL

Various forms of saucepans, especially fuel saving ones. The top-hat cooker is admirable, though the initial cost is comparatively high. However, the saving in gas is considerable. A 3d. steamer can be fitted to a 6d. saucepan.

MENUS. Very carefully thought out menus from the point of view of nourishment, low cost and variety are to be found in "FAMILY MEALS AND CATERING," issued by the British Medical Association, Tavistock Square, London, W.C.

Health Visitors can usually make this their handbook for catering talks. Shopping lists, tables of food values are given and the dishes are illustrated in colour.

Have typed menus and recipes for distribution.

The Mother-to-be Looks After Herself.

Introduction.

NORMAL pregnancy is nothing to be scared of. You should feel rather better than usual: (but you should not on that account be more strenuous than usual). The mother-to-be does not want to be treated as a semi-invalid or as someone in a class apart; nevertheless she deserves to give herself some special care and consideration if only for the sake of the coming baby. Provided she already leads a reasonably normal life, her way of living needs to be modified in some directions rather than altered generally.

THE VALUE OF A DAILY TIME-TABLE, with time allowed for work, meal-times, rest, exercise, and recreation.

WORK. Ordinary household tasks generally beneficial. How to do certain tasks (e.g., to avoid stooping in the later stages). Jobs to avoid (stretching, straining and heavy lifting, especially in early stages).

MEALS. Enough time for all meals and a lie-down after dinner important.

REST. Eight hours sleep. Posture general and special; e.g., for avoiding varicose veins, etc.

EXERCISE. What is wise and what is not. Discuss impartially should a mother-to-be bicycle, swim, hike, dance? especially with younger mothers. If not, why not? With young mothers who have been used to class exercises, illustrate simple helpful exercises.

RECREATION. Use of leisure hours (if any!) Certainly late hours, stuffy rooms, excitement not good. But if you have been accustomed to the pictures twice a week and dances and parties in between it is no use breaking off everything all at once and being bored to tears. Moderate gradually but do avoid the "shocker" type of film. Aim at being peaceful without being dull and happy without being excited. In these days of radio nobody need be bored at their own fireside. Praise the homelier pleasures—books, handicrafts, even the forgotten art of conversation. On the other hand if you are one of those who never sit down or stop "doing," a weekly visit to the pictures for relaxation, amusement and taking your mind off things will be all to the good.

GENERAL HYGIENE.

The daily all-over sponge. Freely admit difficulties in bathroomless houses. Make suggestions. Hand basin washes, "a bit at a time" better than bath-tubs that have to be filled and emptied. A sitz bath in a basin placed on a chair followed by a gentle rub with olive oil very useful in last months. If a weekly bath is taken at the public baths warn against too hot water and chills.

Care of nipples.

Special care of teeth. Explain the old saying "a child a tooth." The importance of diet in avoiding this.

Regular habit. How to ensure it. Hot water and/or half an apple or other raw fruit first thing in morning, before breakfast.

DIET (Principles of a sound diet given in previous talk).

USUAL DESIRABLE MODIFICATIONS OF DIET IN PREGNANCY.

If you usually eat meat freely gradually reduce meat and eggs and don't make up *too* heavily with fish and cheese. *Be more of a vegetarian than usual.* Reason—to reduce strain on kidneys.

Lime salts and iron. The growing baby claims much of these, so mother must take plenty of the foods rich in them if she is not to suffer from lack of them herself. (Decaying teeth, brittle nails, anaemia). This is the only point in which the old mistaken saying "that a mother-to-be must eat for two" is true.

Vitamins, too, specially important.

GIVE A TYPICAL FIVE MONTHS DIET SHEET.

On waking—water or raw fruit.

Breakfast—cereal with milk, bread and butter, egg (twice a week), lean rasher (twice a week), weak tea or milky coffee.

Dinner—Vegetable soup or clear soup from bones. Fish (sea) twice a week, steamed or grilled, with milk sauce. Liver, baked or in casserole, twice a week. Rabbit when in season, once a week. Vegetable hot-pot. Meat once or twice a week. Plenty of vegetables of all kinds. Light pudding of all kinds.

Supper—Macaroni cheese or tomato macaroni, etc. A little fresh fruit or green salad. Cocoa or other milk drink.

At least a pint of milk a day and WATER and again water,—at least three glasses a day.

Avoid vinegar and highly seasoned foods like curry.

SPECIAL DIET.

Doctor may advise a meatless diet. Mothers sometimes complain that they feel so hungry or empty when they try to do without meat. The recipes for meatless dishes given include some that are specially "filling" (marked *).

MEATLESS DISHES.

VEGETABLE SOUP.

3 Large Carrots.
3 Turnips.
1 Onion.
Water to cover.

1 Breakfastcupful of Milk.
Salt.
1 Teaspoonful of Flour.

Clean and cut up the vegetables, and cook them till soft in just enough water to cover them. Put them through a sieve and then replace in the saucepan with the milk and salt. Thicken with the flour, mixing it first in a small quantity of cold water. Serve with baked crusts.

*LEEK SOUP.

- | | |
|--|--------------------------|
| 1 good sized Leek (or two small ones). | $\frac{1}{2}$ pint Milk. |
| 1 good sized Potato (or two small ones). | Knob of Butter. |

Clean leek; do not remove *all* the green portion. Split lengthways into finger. Slice potato. Cook leek and potato in boiling salted water until tender. Add milk and butter and a little flour-thickening if necessary. Stir well. Continue gentle cooking long enough to heat milk.

*MACARONI CHEESE.

- | | |
|--------------------------|--|
| 1 oz. Butter. | 3 ozs. grated Cheese. |
| 1 pint Water. | $\frac{1}{4}$ Teaspoonful Dry Mustard. |
| 3 ozs. Macaroni. | Pepper. |
| $\frac{1}{2}$ oz. Flour. | Salt. |
| $\frac{1}{4}$ pint Milk. | |

Put the water and half the butter into a pan. Break up the macaroni into short lengths. When the water boils rinse the macaroni quickly through cold water and put it into the pan. Stir till the water boils again, then cover the pan and boil gently till tender but unbroken, about $\frac{1}{2}$ hour, stirring occasionally. The macaroni should soak up all the liquid. If necessary, add a little more water. Make a sauce of the rest of the butter, the flour and the milk. Boil for three minutes. Add the seasoning and half the grated cheese. Mix the sauce with the macaroni, turn it into a hot dish and sprinkle the rest of the cheese over it. Brown it in front of the fire, under the gas grill, or in the oven. Serve very hot.

TOMATO AND CHEESE PIE.

- | | |
|-----------------------------------|--------------------------|
| $\frac{1}{2}$ lb. small Tomatoes. | 1 teacupful Breadcrumbs. |
| 2 ozs. Cheese. | Pepper and Salt. |

Pour boiling water over tomatoes and skin them. Grate cheese finely. Grease a pie dish and put layers of seasoned tomato, cheese, and breadcrumbs, sprinkle a little cheese over the top and bake $\frac{1}{2}$ hour in a moderately hot oven.

*POTATO AND CHEESE PUDDING.

- | | |
|-------------------------|----------------------------------|
| 3 lbs. Cooked Potatoes. | 6 ozs. Grated Cheese. |
| 1 oz. Fat. | 1 tablespoonful Chopped Parsley. |
| 1 gill Milk. | Seasoning. |

Mash the potatoes and beat in the other ingredients. Put into a greased pie dish. Bake in a moderate oven for 20 minutes. Serve with tomato sauce or brown gravy.

MACARONI and ONION STEW with TOMATOES.

- | | |
|------------------|-------------------|
| 4 Onions. | Pepper and Salt. |
| 2 ozs. Butter. | 1 quart of Water. |
| 6 ozs. Macaroni. | 1 large Tomato. |

Peel and cut the onions roundways about one-eighth inch thick. Melt the butter in a saucepan and brown the onions in it. Wash and break up the macaroni, dropping it on to the onions and butter. Sprinkle with pepper and salt and cover with the water. Leave it on the side of the stove to cook very slowly (about one hour) and during this time add the sliced tomato, adding more boiling water if necessary, and stirring occasionally to prevent it sticking to the saucepan.

*POTATO AND HERRING PIE.

- | | |
|------------------------|------------------|
| 2 lbs. Potatoes. | Pepper and Salt. |
| 3 or 4 large Herrings. | Little Water. |

Wash, peel, and slice potatoes. Wash and bone herrings, split, season and roll up. Arrange in layers in a pie dish, having plenty of potatoes on the top. Add a little water, and cover with greased paper. Bake in a moderate oven about $1\frac{1}{2}$ hours. When nearly done remove paper and allow potatoes to crisp on the top.

*HERRING and OATMEAL PIE.

- | | |
|------------------------------------|-----------------------------|
| 1 or 2 Boned Herrings in pie dish. | 1 breakfast cup Milk, with |
| 1 breakfast cup Medium Oatmeal. | 1 Egg beaten into the Milk. |
- Bake 40 minutes in slow oven.

FISH HOT POT.

- | | |
|---|--|
| 1 lb. fresh or smoked Fish
(any kind). | 1 small Onion, very finely chopped
or grated. |
| 2 or 3 Tomatoes. | Pinch of Nutmeg. |
| 1 cup Breadcrumbs. | Pepper and Salt. |
| | 1 oz. Margarine |

Melt half the fat in a casserole. Add onion. Lay fish in dish and cover with breadcrumbs. Season and put rest of fat on top. Cover and bake till done, 20-25 minutes. Remove paper or cover, add sliced tomatoes and cook for ten minutes. Sprinkle with chopped parsley and serve. For large dish arrange in layers.

BAKED STUFFED LIVER—I.

- | | |
|--|--------------------------------|
| $\frac{1}{2}$ lb. Liver (cut in slices and
place in a tin). | 1 teaspoonful Chopped Parsley. |
| 2 tablespoonsful soaked and dried
Bread. | Pinch of Herbs. |
| 2 teaspoonsful Chopped Suet or
Melted Dripping. | Salt and Pepper. |
| | 1 teaspoonful Flour. |

Mix well and spread on liver. Add water to just cover liver. Bake till tender ($\frac{1}{2}$ hour). Make gravy in tin, adding more water if necessary.

N.B.—If a few slices of bacon can be laid on top this dish is much nicer; if not, cover with greased paper while cooking.

POOR MAN'S GOOSE.

- | | |
|-----------------------|---------------------------|
| 1 lb. Ox Liver. | 2 lbs. Potatoes. |
| 1 teaspoonful Sage. | $\frac{1}{2}$ lb. Onions. |
| 1 oz. Seasoned Flour. | 1 pint Water. |

Parboil the potatoes and onions. Chop the onions and mix with the sage and seasoning. Slice the liver, dip in seasoned flour, and arrange in layers in a pie-dish with the sage and onions. Add 1 pint of water (use water in which potatoes have been cooked). Slice the potatoes thickly and place on the top with dabs of dripping. Cook in the oven for about 1 hour.

LIVER PUDDING.

- | | |
|---------------------------------|----------------------------|
| $\frac{1}{2}$ lb. Cooked Liver. | Pepper and Salt. |
| 1 to 3 slices Fat Bacon. | 1 breakfastcup Breadcrumbs |
| 2 tablespoonsful Flour. | or soaked Bread. |
| Little Water to bind. | |

Soak, wash and cook liver about an hour. Grate it finely, chop bacon. Mix all dry ingredients and season well. Add enough liquid to have a soft consistency. Turn into greased basin, cover with greased paper. Steam $1\frac{1}{2}$ hours. Turn on to hot dish and serve hot.

*SAVOURY PUDDING.

- | | |
|---|-------------------------------------|
| $\frac{1}{2}$ lb. Stale Bread. | 2 Onions (half boiled and chopped). |
| 3 ozs. Chopped Suet or Fat Bacon. | Salt and Pepper. |
| $\frac{1}{2}$ tablespoonful Dried Sage. | 1 Egg (if possible). |
| About $\frac{1}{4}$ pint Milk. | 1 oz. Dripping. |
| 2 tablespoonsful Oatmeal. | |

Soak bread in cold water till soft. Squeeze out water, and dry as much as possible. Beat up with onions, suet, oatmeal and seasoning. Add milk last (and egg if liked). Heat in batter tin 1 oz. dripping. Pour in the mixture, and bake in a hot oven about $\frac{3}{4}$ hour. Cut in squares and serve with brown gravy.

*VEGETABLE CASSEROLE.

Use as great a variety of vegetables as possible. Cut into neat slices. Melt enough margarine or dripping or bacon scraps to cover bottom of casserole. Arrange vegetables in layers finishing with potatoes (put those needing most cooking at the bottom). Season. Add enough water or stock to come up to potatoes. Cover and cook in moderate oven till tender ($1\frac{1}{2}$ -2 hours). May be cooked in a saucepan on top of stove.

N.B.—Soaked lentils or partly cooked beans add to the food value. Oxo cube improves the flavour.

*SAVOURY BAKED POTATOES.

Scrub and bake large potatoes. Split lengthway. Scrape out half and mix with chopped cold bacon and cold cooked vegetables. Season. Close potato, pressing two halves well together. Replace in oven for five minutes.

APPETISING ONIONS.

Peel an onion for each person, cook for ten minutes in boiling salt water, then run cold water over and drain. Cut a thin slice off the top and scoop out the centre part of the onion. Chop this with a little shredded suet, a few breadcrumbs, a teaspoonful of chopped parsley, salt and pepper. Bind together with beaten egg or milk, put the mixture into the onions, then place in a baking tin with a little dripping and cook gently until tender and browned. Baste frequently.

TASTY TURNIPS.

Use medium-sized white turnips. Peel the vegetables, remove the centre part with an apple corer, then cook in boiling salted water—adding a few drops of lemon juice—for from ten to fifteen minutes. Drain, then stuff with a mixture made as follows:—Mix together a grated small onion and three tablespoonfuls of cooked green peas, with seasoning and a pinch of powdered sage. Stuff, then bake in a hot oven, basting frequently with gravy.

WINTER SALAD.

2 ozs. Brussels Sprouts or Heart of Savoy Cabbage.	2 Tablespoonfuls Sliced Celery.
1 Large Apple.	1 Carrot.

Soak the sprouts or cabbage in cold salted water, then shred them very finely. Peel and core the apples, cut them into ice and slice the celery. Mix all well together and serve with salad dressing, decorating with raw grated carrot.

EGG JUNKET. Very light and nourishing.

A LITTLE POEM FOR THE MOTHER-TO-BE.

Mother true and good has she,
Little strong one, been to thee,
Nor with listless indoor ways
Weakened thee for future days;
But has done her strenuous duty
To thy brains and to thy beauty,
Till thou cam'st, a blossom bright
Worth the kiss of air and light.
To thy healthy self a pleasure,
To the world a balm and treasure.

(Leigh Hunt)

Comfort and Comeliness in Clothes for the Mother-to-be.

Introduction.

IT is always worth a woman's while to take some pains with her appearance and never more so than during a pregnancy. Feeling comfortable and looking nice in one's clothes is a great help towards feeling comfortable and pleasant in one's mind.

Mother-to-be can best spend her spare time during the first months in arranging her own wear for the later stages. Baby's trousseau can wait till those later months. For comfort the clothes should be warm but light with weight suspended as much as possible from the shoulders.

Underwear.

VESTS—woollen or spun cotton, according to the season. Always built-up,—*not* opera tops. (Danger of chill and mastitis, and want of support to breasts which are getting heavier).

KNICKERS—artificial silk or wool. Elastic at knee and waist must not be tight. Knee elastic best removed. Waist elastic can be replaced by a longer length of elastic with a loop at one end and several flat linen buttons sewn on at 2 inch intervals to allow of extension: or the knickers can be supported on a shoulder brace.

PRINCESS SLIP cut on full lines.

(Modern ready-mades are cut on skimpy lines. Have some ampler suitable patterns to show and also suggest ways of inserting V-shaped gussets into hips of slim-fitting knickers and side panels in princess slips. The mother of a first baby has her wedding clothes to wear out and often cannot afford a new outfit for pregnancy).

CORSETS AND GARTERS should in no circumstances be worn. Support may be given by a 6 inch crêpe bandage, or a simple abdominal belt made from stout material, which can be adjusted to the increasing girth. Suspenders can be sewn or clipped on to the vest (over a calico piecing to prevent tearing) or on to the belt.

BRASSIERES. For heavy breasts a proper brassiere is a great comfort. It should give plenty of support from below but not press tightly on the nipples.

STOCKINGS. Very important that the feet be kept warm and dry. In winter woollen stockings (the sports variety are quite attractive). Unfortunately good wool stockings are expensive and do not always wear well even then. Alternatives: woollen under-hose, 1s., 1s. 6d., 2s. a pair, or woollen ankle socks which can be hand knitted

SHOES. Very flat heels are not comfortable for every one. A cuban heel not more than $1\frac{1}{2}$ inches high with a broad base is quite sensible and safe and looks well. High, narrow-based heels are dangerous. **WHY?**

Frocks and Coats.

FROCKS should be of the coat overall shape. Easily slipped into and with a generously overwrapping front fastened down the side, having sufficient material in the underlap to allow of adjustment to the increasing figure without straining or gaping. A vest of self or contrasting material helps to keep the front opening neat.*

For the every-day frock, long, square-based lapels, narrow at the neck and broad at the waist line, are graceful and concealing. For the Sunday frock, a large, soft bow fastened at the base of the V neck opening is pretty and effective.

The type of frock described will be most useful during the nursing period, enabling mother to feed baby not only inconspicuously but with a maximum of ease to both.

COATS may be cut on the same lines but the modern raglan-sleeved, double-breasted, swagger coat could not be bettered, is easily home-made and can be cut quite long enough for necessary warmth in winter provided a woollen dress is worn with it.

Discuss materials and cost of making a maternity frock. Winter dresses should be of warm material which will not shrink with washing. Be prepared to suggest materials and know their prices.

DEMONSTRATION MATERIAL.

Fashion books showing maternity dresses.

* Weldon's Transfer Series, No. 130, 6d. 30-32, Southampton Street, Strand, London, W.C.2.

Home Fashions, "Best Way" Patterns. (Paper Patterns and Directions, 9d. and 1s.) Obtainable: 291A, Oxford Street, London, W.1.

Patterns: 59,830, 56,982, 55,457. Simple frocks.

58,666, 57,945, 55,587, 56,981. Best frocks.

56,980. More elaborate Coat.

58,945. A delightful nightgown for easy breast feeding.

A maternity dress pattern specially drafted for the Women Public Health Officers' Association can be obtained from Headquarters. Apply:—Hon. Sec., Editorial Committee. Price 7½d. (post free).

A simple model maternity dress for everyday with the cost and how long it took to make. Or at least a tacked up pattern in strong paper.

Example or drawing of a slim knicker with inserted gusset.

Expanding waist elastic and shoulder brace.

A sensible shoe (as elegant as possible) and a shoe of the wrong type (with a wrenched over high heel).

A very simple pattern of maternity binder (have paper patterns to give away) or an example of those that can be obtained from the Welfare if this provision is made.

A VERSE TO REMEMBER.

"My love in her attire doth show her wit,
It doth so well become her."
For every season she hath dressings fit,
For winter, spring and summer."

The Mother-to-be Gets Ready for Baby.

Introduction.

MAKING FOR YOURSELF AND MAKING DO. Good, sensible, baby clothes cannot be bought at the ordinary drapers—only at special shops for high prices. E.g., compare cost and comfort and wear of home-made long flannel (which can be made into petticoat or nighties later) cut to the Centre pattern, with the poor, skimpy, uncomfortable ready-made article. (*Have examples of both, washed, and demonstrate point by point.*) **DON'T SAY YOU CAN'T SEW: YOU NEVER KNOW WHAT YOU CAN DO TILL YOU TRY.** Get a good needle-woman to give you tips, or attend the Mothercraft Class.

Baby isn't very small for long—SO LOOK AHEAD, when buying pram or cot. *Discuss the points of a satisfactory pram.* With a first baby more economical to buy a railed cot at once. When the second comes, a home-made crib will do until he inherits the cot when the older is promoted to a real bed.

Make do as far as you can. If you have a little money to spend save it for something that you really need rather than spend it on things you can really do without.

LAYETTE.

Three of each. Always have one on, one in the wash and one in the drawer.

At least two dozen napkins. Three dozen better. Not *too* big, 20 inches square when hemmed.

1 doz. butter-muslin, 3 (layers) about 5½d. a yard. (as good quality as you can afford).
 ,, wineyette ,, 10½d. ,,
 ,, turkey towelling from 5d. ,,

Vests. May be pull over type or wrap-over front, but always long sleeves.

Matinee coats.

Outdoor "wind proof" shawl.

Nighties. Flannel or winsey.

} Needed with any type of outfit.

ALTERNATIVE OUTFITS.

Short-long set. Coming to a few inches below the feet.

Flannel under-slip, need not have sleeves.

Day gown, lawn or longcloth, magyar sleeve, bound neck. Open down the front, easiest to put on and to iron.

Princess or three-quarter set.

Flannel petticoat, 22 inches long, fastening on shoulders.

Frock. Woollen booties.

INSIST ON NO NECK STRINGS OR ROUND-THE-BODY TAPES.

All woollies set.

Jumper, knitted or crocheted. Leggings, knitted. (Booties not needed). Or pilches and long booties to knee (easier for changing and washing).

BETTER NOT HAVE AN ALL WOOL BABY UNLESS YOU ARE SURE YOU ARE A GOOD WOOL WASHER.

WOOL-WASHING DEMONSTRATION.

Discuss quality in wool. Wash some woollies while the mothers watch, making sure they grasp each necessary point. Suds not soap direct. Water really hot. Squeezing not rubbing. Rinsing water same temperature as washing water. Two rinsing waters. Squeeze dry, gently pull back to shape, lay in clean towel, fold over and wring ends of towel, **never wring direct**, coax to shape again. Dry in current of air not in front of fire. Air well before use.

Gowns should have a pocket to hold Baby's own Handkerchiefs.

Do not provide Flannel or Drill Binders, Rubber Knickers, Dummy or Stays!

BABY'S "BASKET." Not a basket for choice but a strong card-board box *with a lid*, or, better still, a small dressing table drawer, lined with white paper. Contents can be covered with a sheet of white paper or a clean napkin. Drawer can be removed bodily for the bath-time toilet.

Contents. White curd or superfatted baby soap. Warn against disinfectant toilet soaps—all right for older children but too strong for baby. Also avoid ordinary coloured and scented soaps and washing soap.

Powder not necessary. If used, 2 parts starch, 1 part zinc. Not "talc," Fullers earth or orris root ("violet").

Small bottle olive oil.

Pot of white vaseline.

Cotton wool in a clean large handkerchief.

Safety pins, curved baby kind best. Be sure of good guards to points.

1 crêpe bandage 2½ inches wide (6d. from Woolworth's) (instead of flannel binder to retain navel dressing).

Two bath towels at least. For face, butter muslin towels, of 3 thicknesses. Mark to distinguish from napkins.

Rubber apron for mother. Turkey towelling apron also, if desired.

Baby is worth a little trouble!

"The world hath no such flower in any land,
And no such pearl in any gulf the sea,
As any babe on any mother's knee."

DEMONSTRATION MATERIAL.

Model garments, patterns and pictures, buttermuslin napkin. Baby's toilet box or drawer.

Table of comparative cost of bought ready-made and home-made outfit.

MOTHERCRAFT PATTERNS OF LAYETTE. Price 1s; post 1½d., from the National Council of Maternity and Child Welfare, 117, Piccadilly, London, W.1.
THE "WOMEN'S PICTORIAL" FIRST LAYETTE PATTERNS, from any Newsagent.

VIII.

Father helps to get ready for Baby.

Introduction.

EVERY proper father likes to have a hand in getting ready for his little son or daughter. But Daddies vary so. Some are so canny and handy that one can't help thinking what good mothers they would make! Others, with the best intentions, feel quite helpless if left to think out ways of helping for themselves. Especially if they are young fathers who are only children themselves.

So when father says vaguely "Can't I do something to help?" don't reply "Oh! I don't know—don't bother me, I'm busy." Have a list ready of the things he can do, and be quite clear about what you want.

For Instance:

(1) A SPARE CRIB for use in the living room will take up less room than the pram and be more handy.

TYPES OF CHEAP HOME-MADE CRIB.

Orange box or banana crate.

Canvas crib on a folding wooden stand—Treasure cot type.

Canvas crib with double ends slipped over two chair backs.

(2) A NURSING CHAIR FOR YOURSELF. A solid wooden chair with the legs cut down. *Two inches more off the back legs than the front.* The exact height for comfort will vary a little according to whether your own legs are long or short.

(3) A FOOTSTOOL.

(4) A STAND FOR BABY'S BATH TUB TO CORRESPOND WITH THE CHAIR. This must be solid and broad based. A derelict kitchen chair can be made into a good bath stool. Get father to put a rim round the edge so that there is no danger of the bath or basin slipping if accidentally pushed.

(5) A CANOPY for the pram for hot weather use.

IF YOUR BEDROOM IS VERY SMALL and there is already a toddler's cot in it so that you really don't know where to put baby's cradle here is an idea.

(6) A broad plank, just as long as the width of your bed, with a 12 to 18 inch leg of the same planking at either end. (It looks like a bridge.) This is placed across the foot of your bed, the legs resting on the sides of the spring. Baby's crib is put on the bridge. He is safe and you are comfortable. There is *never any excuse* for having baby in bed with you.

(7) A COMMODORE CHAIR—TODDLERS SIZE.

(8) A PLAY PEN, with hinged sides for folding up. (Be sure the rails are not so far apart that a baby can get his head through.)

These are only a few of the useful gadgets that a daddy who is handy with tools can make.

There are other jobs that father ought to do for you, while you are carrying.

Clean the windows.

Hang clean curtains.

Turn the mangle, while you 'feed' in the clothes.

Fetch in the coal and chop the wood.

If you live in an upstairs flat and water has to be carried up (this is altogether wrong but unfortunately we haven't got proper housing conditions everywhere yet) then every self-respecting father will carry up as much water as possible. If he has to make an early start to work it isn't reasonable to expect him to do it in the morning, but all the washing water can be brought up overnight, leaving mother the much smaller amount needed for drinking and cooking which should be drawn fresh.

Then of course if you are having baby at home there is freshening up the lying-in room and seeing to the light and the sash cords.

Keep the radio set in working order.

If you live on a new estate rather far from the cheap markets and father's journey to work takes him past the big shops ask him to keep his eyes skinned for bargains in winceyette or towelling for baby's napkins. Shop soiled lengths can often be picked up very cheaply and a good supply of napkins is a boon. Father will come to quite fancy himself as a bargain hunter.

Teach him beforehand to make really good gruel. In fact a few cookery lessons is a good idea. Let him try his hand and don't discourage him by being too critical of his first efforts.

DEMONSTRATION MATERIAL.

HOME MADE CRIBS. A canvas chair back crib and a pram canopy were described and illustrated in "*The Woman Health Officer*" for December, 1934.

Get a carpenter to make some drawing and costings of a play pen.

A cut-down nursing chair. Get the mothers to try dressing and handling a real or model baby on this chair and then on an ordinary chair so that they see for themselves the advantages of the former.

A thought for father:

"My mother's life made me a man.

What have I done to keep in mind

My debt to her and womankind?"—*Masefield*.

IX.

Preparations for a Home Confinement.

Introduction.

MORE and more mothers nowadays go into hospital to have their babies. (If you are going to have your first one you will perhaps be wiser to do so if at all possible.) However, there are still many mothers who must or who prefer to have their baby at home.

Those who have had several home confinements already are probably thinking “you can’t teach *me* anything about it.” But we will just talk it over, and if you can put the less experienced of us wise to anything we shall all be grateful.

Regular supervision is necessary, whether you are having baby in hospital or at home. But it is more particularly essential if you are staying at home, to go regularly to the ante-natal clinic, or to your midwife or doctor. If you don’t you are not playing fair either to yourself or your baby, your midwife or doctor, or to your family.

Lying-in Room. Very few of us have much choice about which room it will have to be. But, if you have, take these points into consideration when deciding:—

1. The lightest and airiest—but not the hottest room in the house if your baby is a summer one.
2. Convenience for the people who are looking after you.
3. Quiet, especially at night, for yourself and baby.

Now for getting the room ready.

WALLS AND CEILING. If the room has not been recently re-decorated, get father to treat you to a freshly-whitened ceiling and freshly distempered or papered walls. If paper, be sure all the old paper is stripped. Tastes vary, but you will find a light coloured, soft-toned and unpatterned or very slightly patterned wall more soothing to lie and look at than heavy colours and patterns. A **newly-decorated lying-in room** isn’t just a luxury or for show. It is a very important health precaution.

Now have all the paint work cleaned.

See the chimney is clean and allows a good updraught.

WINDOWS. Get father to see to the sash cords. Have no heavy curtains, but, if there is no blind, have a single green casement cloth curtain to draw across the window, as well as your light washing curtains.

FLOOR. No carpets. Linoleum should be well scrubbed and then polished with an antiseptic polish.

If you have to take up a carpet and you can’t run to new lino., stain and then polish the floor.

There must be no heavy dust-trapping rugs. But light or rush mats or washable rugs are quite permissible.

FURNITURE. A single bed in the middle of the room, in a good light by night and day. The light should, if possible, come from the foot of the bed at the time of the confinement.

A large solid washstand or table. Not a polished top. If your table is polished, protect with several layers of clean newspaper and have a white oilskin on top. Or perhaps father could make a plain deal loose top—always useful with a family.

A good size solid bedside table.

A bed-rest. A light chair reversed, with a pillow tied on at the top corners, does very well. **Illustrate this.**

A chest of drawers for your necessities; a comfortable chair for visitors and for when you first get up; an ordinary chair and no more furniture is necessary—the less you have the better.

See that there is a good artificial light. Get father to make a shade (brown paper will do) that will keep the light out of your eyes while allowing him to read his paper when he is sitting with you in the evenings.

Bedding. A firm mattress, not a feather bed. A change of sheets. A couple of drawer sheets. A rubber sheet if you can afford it. Several sheets of new, thick, shiny brown paper. A supply of clean newspapers.

For yourself. 2 or 3 clean nighties. 1 dozen extra large pads. 1 dozen large pads. A cosy but washable bed jacket or shawl.

Also. Cotton wool or absorbent tissue—from 10½d. per pound. Clean towels. Two clean basins. A large jug and a clean pail.

THE STORE CUPBOARD. Have a tin of groats or a pound of fine oatmeal in stock. Try and save up a little spare housekeeping money to allow of extra milk.

Household arrangements.

(If a Home Help scheme is in operation, explain this. Home Help schemes are not usually intended to apply when a suitable relative is available to take charge. Say a few words about how a little thought beforehand for a relative's comfort can make things run more smoothly. We ought not to take too much for granted, even from relatives.)

Private Helps. Never engage someone who has a young family of her own (the objections are numerous and obvious, but as such arrangements are often made it might be well to point them out).

Before engaging your Help, see her in her own home. You will then have some chance of judging whether she is likely to be clean and methodical in yours. A little trouble taken to choose a really good Help instead of the first that offers is well worth while. See that there is a clear cut-and-dried understanding between you as to her duties and your payments. Make it plain that you will stick to your part of the bargain and will expect her to do the same. You want performance, not promises.

Be fair to your Help. Don't save up extra jobs for her; have the house ship-shape to start with; and don't fuss if everything isn't done just *your* way.

The other children. Well, you know, if you have always brought them up to play fair and pull their weight, you will find them helpful and considerate when you are laid up. If they have been encouraged to take a pride in good manners, there will be no complaints about them from your Help.

How about the ex-baby? Generally better to let an aunt or grannie have the small toddler to stay until you are about again. But see that she knows about his usual diet and time table. You don't want a spoilt, upset youngster coming back.

If the toddler will have to stay in the house, start letting father or someone else put him to bed and attending to him sometimes in other ways. It is frightfully disconcerting to a small mind when a mother who has always done everything for you suddenly refuses to do anything, and just sits in bed giving all her attention to a stranger! And toddler will take his discomfiture out of you and the baby and the household generally.

In conclusion.

One good thought beforehand is better than ten regrets afterwards!

DEMONSTRATION MATERIAL.

If your local Welfare supplies Maternity Outfits, demonstrate this.

Drawer sheets made out of an old sheet.

A model lying-in room arranged with dolls' furniture, a cardboard hat box with one side removed and a window cut out makes a good "room."

A chair bed-rest.

The Nursing Mother takes care of Herself.

Introduction.

WHY? Because on her own health—and therefore efficiency as a mother—depends not only baby's well-being but the harmony of the home.

WHEN? Causes affecting a woman's success or otherwise as a nursing mother go right back to her own babyhood and beyond, but it is perhaps most vitally affected by the way she lived during her later teens. **Develop this particularly with older mothers who have daughters grown up.** Unhealthy occupations; early starts after late nights; hurried, unbalanced meals; lack of healthy recreations; over-fatigue and over-strain have disastrous effects on the immature girl-woman. Anæmia—the common curse of the teens. How many have failed to make good as wives and mothers simply because of lack of proper care during their wage-earning period before marriage?

HOW? The common sense way. Fresh air and all the sunlight available. Everyday health rules, wholesome food, sufficient sleep, sensible clothing (all dealt with in previous talks).

Special Points for the Nursing Mother.

Avoiding stretching and straining, especially during first two months after baby's birth.

Extra rest, the little lie-down after dinner—particularly for the first two months.

Cosy built-up vests—not flimsy opera tops. Chill often spells mastitis.

Care of nipples.

Plenty of fluids. Water and yet again water. Night cap of hot milk, gruel, etc. Milky drink at 11 a.m.

The importance to mother *and* baby of her daily good habit.

Time-Table.

How a carefully thought-out time-table helps. Baby is assured of his proper periods of attention and by a mother whose mind is not distracted. All the essential jobs are seen to tranquilly, and if you have made up your mind beforehand which less important things will have to slide you don't worry about them. Mother has *her* proper times for self-attention too. Father doesn't feel neglected and therefore shoulders more cheerfully his share of the extra work a baby makes.

BUT don't make the time-table meant to help you like a servant into a slave driver cracking a whip over your nerves! Hindrances will happen; so don't overcrowd your time-table; allow margins. All the same, don't invite hindrances. Be tactful with the in-laws, but don't invite casual friends and neighbours to be dropping in for a chat at all sorts of inconvenient times.

Show a Time-table poster size in bold lettering or write one up on a blackboard. This is best drawn up by the health visitor in accordance with the local customs. One example is given. **Put mother's daily walk with baby in the morning, at least in the winter months.**

A SUGGESTED TIME-TABLE.

6 a.m.	Remove baby's napkin. Feed.
6-20.	Hold out. Put back in cot.
7.	Mother gets up. Hot water or raw fruit.
7-15 to	Fires, strip beds, open bedroom windows, family breakfasts, etc.
8-30.	Mother's breakfast. Wash up. Make beds and tidy bedrooms.
9-30.	Baby's bath.
10.	Baby's feed.
10-20.	Hold out. Put in pram. in garden to sleep.
10-30.	Baby's washing.
11.	Mother's mid-morning milk.

In Winter.

(In winter on wash days the morning walk may be omitted, but put baby in pram. out of doors).

- 11-15. Mother and baby go for a walk. Daily shopping.
On return put on dinner.
Tidy living room.
Dinner.
Wash up.
- 1-45. Change baby after holding out, and exercising on lap.
2. Feed.
- 2-20. Put back in pram.
- 2-30 to 3. Mother's rest.
Special once a week work (family ironing, turning out rooms, etc., or week-end shopping).
Children's tea.
Prepare father's tea.
- 6 p.m. Hold out and feed baby.
- 6-30. Put baby to bed.
7. Other children to bed.
- 7-30. Supper.
- 9-30. Mother's "night-cap."
10. Change and feed baby.

In Summer.

- 11-15. Put dinner on. Tidy living
a.m. room.
to Special once a week work.
2 p.m. Dinner and washing up.
Change and feed baby.
- 2-20 to 3. Mother's rest.
Baby's ironing, etc.
4. Meet other children from school, taking their tea in the pram. Take them to park or common.
Return home in comfortable time for
- 6 p.m. Baby's feed.
- 6-30. Put baby to bed.
7. Other children to bed.
- 7-30. Supper with father.
- 9-30. Mother's "night cap."
- 10 p.m. Change and feed baby.

DEMONSTRATION MATERIAL.

Pictures from gardening paper advertisements showing healthy flourishing plants and poor specimens side by side. Use to illustrate the results of proper care or the lack of it in early stages of growth (teens).

Posters. "Sleep with the windows open." "Feed by the clock."
"Fresh air and sunshine." "Wholesome Food."

A large clock dial in cardboard, with moveable hands. The dial can be divided into segments and these coloured differently for the periods to be given to baby; to mother's care of herself (meals, milk, rest, walk and sleep); to house work; and to the rest of the family (apart from house work).

Notes.

●
Three Companion Series of Ten-Minute Talks are
in course of preparation, and will be published
in the order given during 1938.

Each Series will consist of one Model Talk
and nine Outline Talks.

Series II.	BABY (now ready).
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Series III.	TODDLERS AND SCHOOL CHILDREN.
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Series IV.	HOMES.
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